



Tactical Training Session: Playing v. Packed Defense

Presented by: Michael Haas, US Soccer National Staff Coach

<u>Warm-UP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<u>Game # 1</u>	<ul style="list-style-type: none"> • Technical work with emphasis on speed of ball movement, speed of play, and body position when receiving the ball • 7:7 or 8:8 + 2 Possession game(s) 	<ul style="list-style-type: none"> • Receiving Angles • Body position • Speed of Ball Movement • Tactical Application of Passing & Receiving
<u>Game #2</u>	<ul style="list-style-type: none"> • 8:8 Line soccer: Width of field • One team defends a line at MF (2:4:2 form); the other team (3:4:1 form) defends a line starting at the top of the 18 yard box • Progress to 3 goals on a line 10 yards beyond original line (i.e. center circle and 6 yard line) • Normal Rules of Soccer 	<ul style="list-style-type: none"> • Support Angles • Speed of Ball Movement • Patience • Reading the Game • Game Awareness • Tactical Application of Passing & Receiving
<u>Final Game</u>	<ul style="list-style-type: none"> • ¾ Field 2 Goals (1 goal on line, 1 goal on center circle of defending half) with 2 GKs • 1 team (3:4:1) defends “real” goal and starts from behind a restraining line; other team (2:4:2) • Normal rules of soccer 	<ul style="list-style-type: none"> • All of the above • Rhythm/Tempo of Game